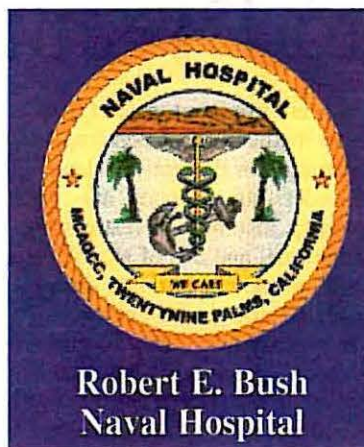


We Won't Forget Our Deployed Crew

Robert E. Bush
Naval Hospital

See page 3

Women's History Month Celebrated



Inside...

It has been estimated that 70 to 100 million Americans suffer from sleep deprivation and that the health care costs related to sleep deprivation add 16 billion dollars a year to the national health care budget.

page 2

The Women's History Month is celebrated for everyone to discover and recognize women's significant accomplishments and contributions to our history, culture and society as a whole.

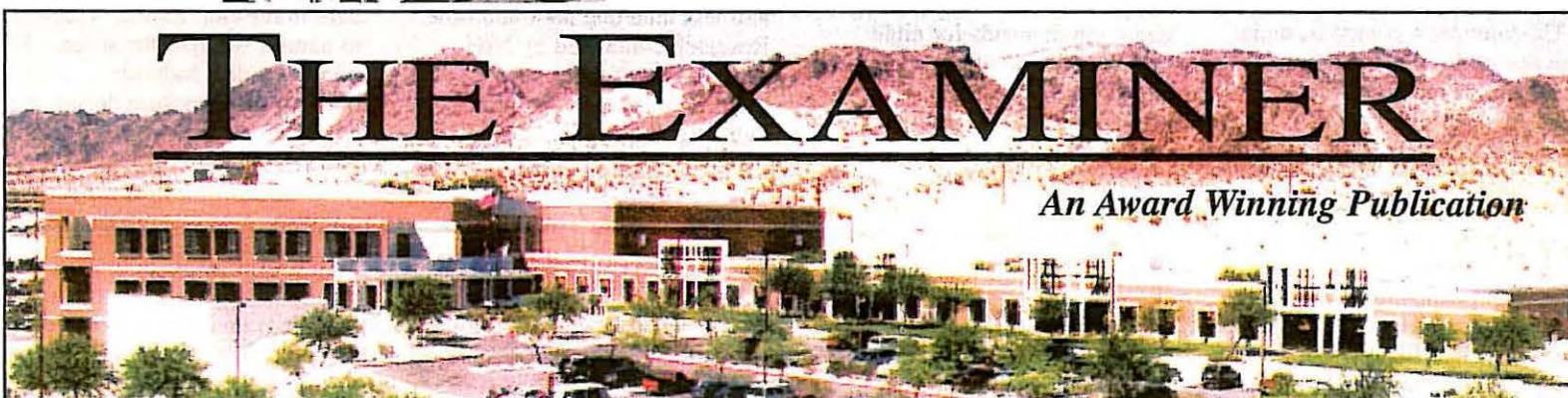
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The week is a time to provide education and raise awareness for improving patient safety at the local level.

page 3

THE EXAMINER

An Award Winning Publication



www.nhttp.med.navy.mil

Hospital Names New Ombudsmen

Four new Command Ombudsmen were recently appointed to represent the family members of the Robert E. Bush Naval Hospital.

They are:

Christine Guy
Ryalin Huges
Stephenie Jenkins
Tiffany Niles.

Several years ago the Navy borrowed the concept of an



Stephenie Jenkins

always kept informed about command activities, therefore if the command had as emergency, the Ombudsmen would be made aware of any information they could share with families.

Spouses may call the Ombudsmen to get accurate answers to a variety of questions, or be referred to a source for help.

The Command Ombudsmen interacts with organizations



Tiffany Niles

such as Family Service Centers, Chaplain's offices, Navy-Marine Corps Relief Society, the American Red Cross and many more... so they know where to go to get professional assistance.

The Command Ombudsmen can be reached by pager at the following numbers:

Christine Guy -- 1-800-459-0827
Ryalin Huges -- 1-800-431-0115
Stephenie Jenkins -- 1-800-431-0237
Tiffany Niles -- 1-800-431-3174

Ombudsman program from the Scandinavian countries where an Ombudsman is a person charged with investigating citizens' complaints against the government.

In the Navy, an Ombudsman serves as a bridge between the command and its families working as a liaison or link... to be a source of information and referral.

The Command Ombudsmen are fully supported by the Commanding Officer, and are



Christine Guy



Ryalin Huges

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Here's to Your Health...

To sleep, Perchance to Dream

Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

It has been estimated that 70 to 100 million Americans suffer from sleep deprivation and that the health care costs related to sleep deprivation add 16 billion dollars a year to the national health care budget. Currently, Americans sleep 20 percent less than we did 100 years ago and actually lead lives that require more sleep, not less, to cope with the demands of a busy life. As a society, Americans de-value sleep. We label people who need more sleep as lazy or slovenly individuals because they give their bodies the sleep that they require.

A prime example of sleep deprivation problems is the toll taken on our national roads. The U.S. Department of Transportation estimates that there are over 56,000 crashes per year due to sleepy driving. This calculates to one sleep induced crash every ten minutes in the U.S. These 56,000 crashes result in over 40,000 injuries and 1,550 fatalities. Death rates for sleepy driver crashes are second only to death rates for crashes involving drivers under the influence of alcohol.

Those at greatest risk of sleepy driving are males ages 16 to 29 (the age of most enlisted on base and in the hospital), shift workers (anyone who works late at night or on the night shift), and people with sleep disorders such as sleep apnea, narcolepsy, insomnia or restless leg syndrome. One national study of night shift hospital workers reported that, in the past year, 25 percent of workers had been in an auto accident while driving home from work and 40 percent had encountered near misses. A smaller study at the University of North Carolina reported that 95.5 percent of hospital night workers experienced either accidents or near misses while driving home from work.

The average, healthy adult requires seven to nine hours of sleep per night. Normal circadian rhythms dictate that the

majority of sleep is taken at night, mirrored by a normal rise in sleepiness in mid-afternoon. Auto accidents related to sleepy drivers follow these circadian rhythms with the majority of crashes occurring after midnight and before 7 a.m. and during the mid-afternoon drowsiness peak for the elderly.

The younger a person is, under the age of 20 or so, the more sleep that is required. Teens don't sleep all the time because they are lazy, they sleep because their body requires ten or more hours of sleep per night. However, it is myth that the elderly require less sleep as they age. What happens is that the elderly loose sleep due to illnesses such as depression, arthritis, and changing hormone and chemical levels and are therefore unable to get quality sleep time at night. The elderly then tend to fall asleep during the day to make up for loss of quality sleep at night.

Chronic loss of sleep results in a sleep 'debt' which can only be remedied by replenishing your sleep. Sleepiness is defined as the need or urge to fall asleep. The longer you stay awake, the more this urge to sleep grows. The body is seeking balance. Quality wakefulness requires quality sleep. If you do not sleep properly, you will not be fully awake and functional. If you lose one hour of sleep each night for a week, this amounts to the loss of a full nights sleep by the end of the week.

Indicators of problem sleepiness include poor quality sleep, falling asleep while driving, watching TV, or reading, difficulty concentrating, performance problems at work or school, friends tell you that you look tired, memory problems, slowed response time, emotional outbursts or a need for a daily nap. Other indicators are lack of initiative, weariness, fatigue, drop in immune functioning, and lethargy.

Causes of poor sleep include depression, stress, too much environmental noise or light, temperature extremes in your

sleep environment, side effects from medications, sleep fragmentation or disruption, sleep disorders due to apnea, narcolepsy, insomnia or restless leg syndrome, and use of alcohol or caffeine too close to bed time. Probably the greatest cause of sleepiness however, is simply not getting enough sleep due to personal behavior choices. Personal behavior choices include the decision to work, study or socialize rather than sleep, job demands for night shift work or on call status, and the person's view of sleep as a luxury or as incompatible with success.

The only cure for sleepiness is to sleep! You need to spend more quality time in bed. Your best quality sleep will always be at night and you should strive to ensure that night sleep is accorded the priority it requires. Improve the quality of your sleep area by diminishing light and noise as much as you can. If

you have to sleep during the day, educate family and friends to respect your sleep needs. Set your alarm clock out of view as this will prevent you from constantly checking it during the night and obsessing about the time. Establish regular sleep patterns including both times to bed and times to rise. Keep your room cool, dark and quiet as this will help induce sleep. Keeping your hands and feet warm also induces sleep. Sleep in a comfortable bed as beds that are lumpy or uncomfortable will be difficult to sleep in.

Nap wisely; nap if you need to but for more than 15 minutes and less than one hour at a time. Research conducted by NIH suggests that 'power naps' of 15 to 20 minutes are of minimal value to alleviating sleepiness as

you never complete a sleep cycle. Also, do not nap closer than four hours to your normal sleep time as this will interfere with your night time sleep.

Deal with stressful tasks or issues early in the evening. This allows your mind and body time to relax before attempting to sleep. Engage in yoga, meditation, or other forms of mindfulness to reduce your stress before bed. While exercise helps the body cope with sleep deprivation to a point, in the long run you still need to sleep. The energy boost you get from exercise is only temporary and you still need to replenish your sleep debt in the end. Expose yourself to natural sunlight for at least 30 minutes a day. Individuals who have no sun exposure during the day sleep more poorly.

Continued on page 8

Learn to Become Tobacco Free!

The Naval Hospital Health Promotions Program offers tobacco cessation classes. Classes are offered at two convenient times of noon and 5:30 p.m.

To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start March 14.

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Commanding Officer

Captain Robert J. Engelhart, MSC, USN

Executive Officer

Captain Dianne D. Aldrich, NC, USN

Public Affairs Officer/Editor

Dan Barber

Public Affairs Assistant

HM2 (SW) Erin L. Sjaarda

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How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
FAX: (760) 830-2385
E-mail: d.barber@nhp.med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Celebrating Women's History Month

By HMI (FMF) Michael Santos, USN
Biomedical Equipment / Material Management
Robert E. Bush Naval Hospital

The Women's History Month is celebrated for everyone to discover and recognize women's significant accomplishments and contributions to our history, culture and society as a whole.

We pay homage and tribute to the likes of international heroines; Zetkin, Kollontai, Joan Of Arc, Marie Curie, Mother Theresa, Gandhi, Bhutto, Bandaranaike, Cory Aquino, Thatcher, Aung Kyi and countless others, to our very own great women; Pocahontas, Earhart, Seton, O'Connor, Sally Ride, Reno, Albright, King, Condi Rice and many other great leaders, who touched lives and brought new eras in our political, economic and social heritage.

They came from all walks of life bounded by a common bond and united by a common vision which is to realize a dream, a dream of building a better and productive community. Armed with genuine concern of human rights and values, they have overcome the barriers of race and ethnicity, gender, region, religion and politics to secure their right to vote, emancipation, civil rights movement and many

other redress of wrongs. They never underestimated the power of an idea especially the good ones. In the face of difficult obstacles and great odds, they prevailed; hopes were restored and dreams are fulfilled.

In 1981, Utah Republican Senator Orrin Hatch and Maryland Democratic Representative Barbara Mikulski co-authored the first Joint Congressional Resolution declaring a National Women's History Week. In 1987, it was expanded to the entire month of March after serious and constant lobbying by the National Women's History Project. It gained tremendous support from both the Senate and the House Of Representatives.

Much has been gained since then. A broader spectrum of influence marked by the modern feminist movement led to significant contributions to arts, science, technology, athletics, politics, commerce, education and many more honorable achievements. They stood to undertake bolder steps and face bigger challenges to attain goals of sustained social growth and development. These women maybe our friends, relatives, shipmates, common laywoman and many others who in one way or another

unselfishly give their precious time and resources to pave the way for changes and improve our way of life.

As we observe the Women's History Month, it is befitting to render honor and reflect on the principles that guide these outstanding group of people in

bringing about harmony in diversity and success in every field of endeavor.

We need to reminisce the glory of the past, learn from mistakes and move on with great fervor and enthusiasm. On this occasion, notwithstanding the lapse of 19 years, it should be these

same ideals embedded to our core values that should direct, motivate and propel us to achieve for ourselves and our country a destiny which surpassed the leading nations of the world, a destiny that can be achieved only through cohesiveness and pursuit of excellence.

Patient Safety Awareness Week 5 - 10 March

The week is a time to provide education and raise awareness for improving patient safety at the local level.

This year the theme is "Our Patients - Our Partners, One Team, and One Goal."

Educational activities are centered on educating patients on how to become involved in their own health care, as well as working with hospitals to build partnerships with their patient community.

Throughout Naval Hospital Twentynine Palms you will find information about the Ask Me Program offered through Tricare. The program introduces five steps to safer health care. The program encourages patients to use five steps to help make health care safer. The five steps are:

- * Speak up if you have questions or concerns.
- * Keep a list of ALL the medicines you take.
- * Make sure you get the results of any test procedure.

* Talk with your doctor and health care team about your options if you need hospital care.

* Make sure you understand what will happen if you need surgery.

Information regarding each step is included in brochures located throughout the hospital. Take a moment to read this information prior to speaking with your physician. Be prepared to ask any questions you may have. The Ask Me Program also encourages patients to create a checklist to remember concerns or questions that may be asked. Use these five steps and the checklist to become actively involved in

your health care.

Communication has been identified as a very important role in healthcare. The communication process must include the patient and family as well as staff members. The more patients become involved in their health care, the safer that health care will be.

During Patient Safety Awareness Week, information will be posted throughout the hospital to raise awareness of patient safety. Everyone plays a large role in patient safety. Just as every staff member of Robert E. Bush Naval Hospital plays an important part in patient safety, every patient should play an important role too,



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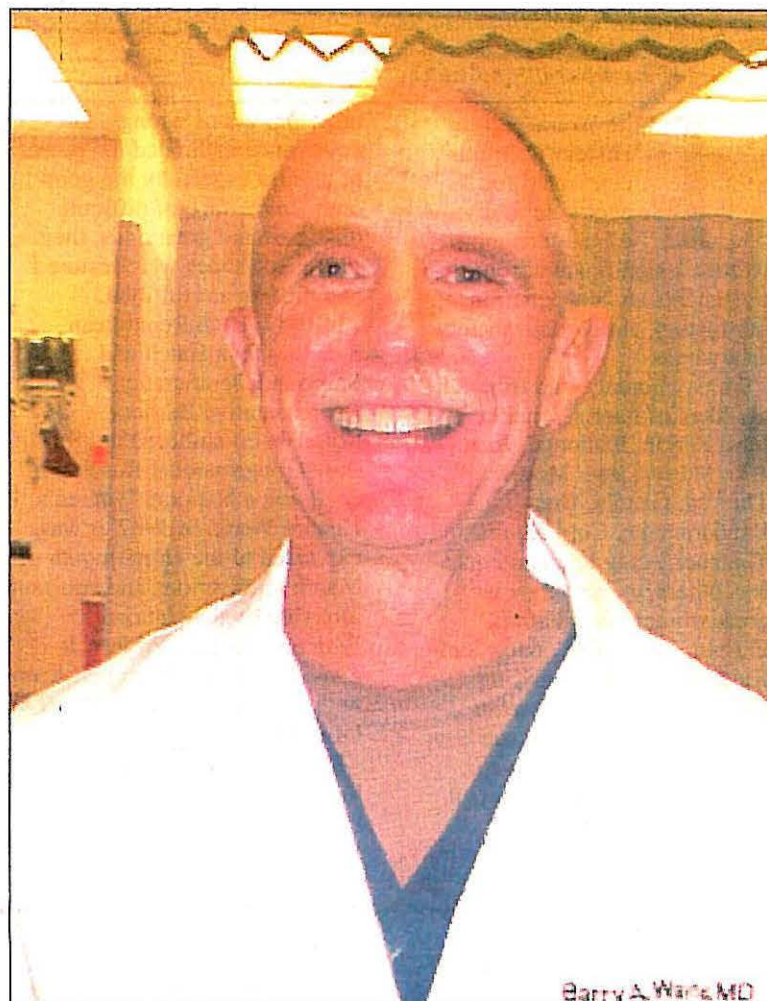
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Super Stars and Hard Chargers...



Commander Marjorie Alexander, Head, Population Health was recently promoted to her current rank and awarded the Navy and Marine Corps Commendation Medal for her work while assigned to the Robert E. Bush Naval Hospital.



Commander Barry Wayne, of the Emergency Medicine Department, was recently presented with a Letter of Appreciation from the Defense Medical Readiness Training Institute for his contributions supporting the DoD CBRNE Medical Training Program.



Lieutenant Michael Rudisile of the hospital's Family Practice Clinic was recently awarded the Navy and Marine Corps Achievement Medal for his work.



Lieutenant Sebastian Stachowicz, of the hospital's PACU-Recovery Department, was recently promoted to his current rank by his wife, Lieutenant Donna Stachowicz, just prior to her deployment overseas.



March is National Nutrition Month: Step up to Nutrition & Health

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The theme of this year's campaign is "Step Up to Nutrition and Health," and has five key messages that are based on the 2005 Dietary Guidelines for Americans recommendations developed by the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (HHS). The messages are:

- * The food and activity choices made today - and - everyday affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.

- * Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

- * Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber, and other nutrients but lower in calories.

- * Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.

- * Play it safe with foods. Prepare, handle, and store food properly to keep you and your family safe.

Historically, the USDA has provided consumers with dietary guidance dating back more than 100 years. In 1992, the USDA released the original Food Guide Pyramid as an educational tool used to help Americans select healthful diets. The pyramid was recently revised to reflect the latest knowledge in nutritional science and to parallel the 2005 Dietary Guidelines for Americans.

The USDA unveiled the new food guidance system, MyPyramid, to emphasize the need for a more individualized approach to improving diet and lifestyle; as well as to carry the messages of the dietary guidelines and to make Americans aware of the vital health benefits of simple and modest improvements in nutrition, physical activity, and lifestyle behavior.

The central message of MyPyramid, "Steps to a Healthier You," supports President Bush's Healthier US initiative which is designed to help Americans live longer, better, and healthier lives. MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise.

MyPyramid illustrates the following:

- * Personalization - as demonstrated by the MyPyramid web site: www.MyPyramid.gov.

- * Gradual Improvement - encouraged by the slogan, "Steps to a Healthier You," it suggests that people can benefit from taking small steps to improve their diet and lifestyle each day.

- * Physical Activity - represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

- * Variety - symbolized by the six color bands representing the five food groups of MyPyramid and oils. Foods from all groups are needed each day for good health.

- * Moderation - represented by the narrowing of each food group from bottom to top. The wider base stands for foods with

little or no solid fats, added sugars, or caloric sweeteners. These should be selected more often to get the most nutrition from calories consumed.

- * Proportionality - shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.

The new food guidance system used interactive technology found on MyPyramid.gov:

- * MyPyramid Plan - provides a quick estimate of what and how much food you should eat from the different food groups by entering your age, gender, and activity level.

- * MyPyramid Tracker - provides more detailed information on your diet quality and physical activity status by comparing a day's worth of foods eaten with the principles of the 2005 Dietary Guidelines for Americans and other nutrient standards developed by the USDA and the HHS. Relevant nutrition and physical activity messages are tailored to your desire to maintain your current weight or to lose weight. The Food Calories/Energy Balance feature automatically calculates your energy balance to enhance the link between good nutrition and regular physical activity. Also, you can keep track of your energy balance history and view it up to 1 year.

- * Inside MyPyramid - provides in-depth information for every food group, including recommended daily amounts in commonly used measures (cups and ounces) with examples and every day tips. This section also includes recommendations for choosing healthy oils, discretionary calories, and physical activity.

To interpret the key messages of this year's nutrition campaign, an explanation of MyPyramid will be helpful:



"Make Half Your Grains Whole"

- * To make nutritionally sound grain choices, be sure to eat at least three ounces of whole grain breads, cereals, crackers, pasta, or rice. Whole grains are important sources of many nutrients, including dietary fiber, several B vitamins, and minerals; each which are important on maintaining a healthy body.

- * Read the Nutrition Facts Label on food products to determine the Percent Daily Value for fiber.

- * Read the food label's ingredient list and choose foods that name Whole-grain ingredients first.



"Vary Your Vegetables"

- * Eating a variety of vegetables provides many health benefits and also provides an important source of many nutrients including potassium; dietary fiber; folate; vitamins A, C, E; all of which keep us healthy.

- * Buy fresh vegetables in season and that are easy to prepare (pre-washed bag of salad greens, shredded carrots, chopped veggies, etc).

- * Vary your vegetables to include dark green vegetables; sweet and white potatoes; white beans; tomato products; and peas.

- * Keep it safe: wash vegetables before preparing in running water to remove dirt and surface microorganisms.



"Focus on Fruits"

- * Most fruits are naturally low in fat, sodium, and calories. They are also important sources of many nutrients including potassium, dietary fiber, vitamin C, and folate.

- * Choose fresh, frozen, canned (in 100 percent fruit juice in water), or dried fruits; go easy on fruit juices as they are highly caloric in small amounts.

- * Keep it safe: wash all fruits before preparing or eating them under running water to remove dirt and surface microorganisms.



"Get Your Calcium Rich Foods"

- * Choose fat-free or low-fat milk, yogurt, and cheese. Higher fat foods in the milk group are high in saturated fats and cholesterol and can increase 'bad' cholesterol in the blood, leading to heart disease.

- * Foods from the milk group provide nutrients including Calcium, Potassium, vitamin D, and protein which are vital for the health and maintenance of your body.

- * Keep it safe: avoid raw milk or milk products made from unpasteurized milk; chill food promptly; discard if left at temperatures between 40-140 F for more than two hours.



"Go Lean on Protein"

- * Choose low fat or lean meats and skinless protein; select fish rich in omega-3 fatty acids (salmon, trout, herring)

- * Bake it, grill it, broil it to avoid the added fats of frying.

- * Vary your choices with more fish, beans, peas, nuts, and seeds since they contain a variety of nutrients including protein, B vitamins, vitamin E, iron, zinc, and magnesium.

- * Check the Nutrient Food Label for saturated fat, trans fat, cholesterol, and sodium content of foods.

- * Keep it safe: separate raw and cooked foods; do not rinse meat or poultry; wash cutting boards, knives, utensils, and counter tops after preparing each food item; store raw meat, poultry, fish in the bottom shelf; cook foods to a safe temperature to kill microorganisms; chill perishable foods promptly and defrost properly; and avoid raw or partially cooked eggs.

"Know Your Fat"

- * Make the most of your fat sources from fish, nuts, and vegetable oils. They do not contain cholesterol and are higher in

Continued on page 8

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How Do You Decide When to Seek Medical Care

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Anytime you have an immediate life-threatening medical problem you should call 911.

Our medical staff here at the Robert E. Bush Naval Hospital would rather have the patients err on the side of caution with the realization that when they arrive at our Emergency Medicine Department that our professional staff will assess the

medical condition with a process called Triage. If your condition warrants it, immediate medical attention will be given. However, if the medical staff determines that your condition is not life-threatening you may have to wait before treatment is rendered, while patients with unstable illnesses or injury are taken care of first. On occasion you may have to wait for sever-

al hours to be taken care of. This process is necessary in every emergency room where medical care is never given on a first-come first-served basis.

If you wake up one morning feeling ill, you can call our Out Patient Services number at 830-2752 to obtain a same day appointment. A scheduled appointment minimizes waiting time that would typically be experienced with an emergency room visit. In addition, before you leave the clinic you can book any necessary follow up appointments the clerk at the front desk of the clinic your are visiting or by calling 830-2752.

If your symptoms are not severe enough to prompt your seeking an appointment, the Naval Hospital offers an Over-the-Counter (OTC) medication dispensing program for your convenience. OTC medications may be obtained for family members between the ages of two and 18 only by a parent or guardian. Patients who are not eligible to receive OTC medications are pregnant or breast-feeding mothers, children less than two years old, and those who are currently in flight status or in the Personal Reliability Program.

All patients must have a valid military identification card in their possession at the time of

dispensing.

Each family member will be eligible to receive a maximum of four different items in a three-month period. These medications will be entered into each person's computer prescription record to screen for allergies, overlap medications and duplications.

A request from must be completed which includes a brief question-and-answer assessment of your medical conditions and current medications you are taking. You will receive a handout discussing the proper use, dosages, cautions and side effects associated with the medications you request and receive. If your medical condition does not improve or if it worsens within 48 hours, you should seek advice from a medical professional.

This program is designed to offer access to many common cough and cold, sore throat, fever, headache, stomach upset and minor gynecological conditions that are listed below:

- * Acetaminophen (Tylenol) 325mg tablets & elixir
- * Ibuprofen (Motrin) 200mg tablets & suspension
- * Diphenhydramine (Benadryl) capsules & elixir
- * Pseudoephedrine (Sudafed) tablets & syrup
- * Triprolidine w/ pseu-

doephedrine (Actifed) tablets & elixir

- * Guaifenesin (Robitussin) syrup
- * Guaifenesin w/ dextromethorphan (Robitussin DM) syrup
- * Saline nasal spray/drops
- * Cepacol throat lozenges
- * Maalox (regular) 5 ounce bottle

* Clotrimazole (Gyne-Lotrimin) 1 percent vaginal cream (not for the patient's first yeast infection and only one issue every 6 months)

If you have a question to ask of a medical provider, you can call Out Patient Services at 830-2752 between the hours of 7:30 a.m. to 4 p.m., and a telephone consult will be generated to a doctor. Your provider will return your call within 48 hours. After 4 p.m., weekdays and anytime on weekends or holidays, you can call the hospital Quarterdeck at 830-2190, and the duty medical officer will be contacted to return your call. The staff of the Robert E. Bush is dedicated to providing you the best medical care possible regardless of how you access that care.

Accessing the Robert E. Bush Naval Hospital by Phone

By Lt.j.g. Holly Lee,
Clinic Business Office
Robert E. Bush Naval Hospital

The Robert E. Bush Naval Hospital Outpatient Services clerks handle, on average, over 3,000 monthly requests for appointments, cancellations, hospital information, and telephone consults to primary care managers (PCM).

These clerks work directly with clinical services and routinely communicate with clinic staff regarding unique situations that require administrative or nursing intervention.

Beneficiaries' needs are managed in real time through the Composite Health Care System (CHCS). PCM's and clinic nurses are notified immediately regarding hospital beneficiaries concerns and maintain a stan-

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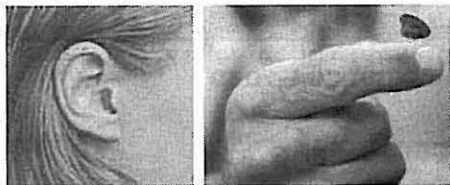
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Continued on page 8

What is Respiratory Etiquette?

By Lt. Raymond Camp, NC, USNR
Infection Control
Robert E. Bush Naval Hospital

During the cough, cold and 'flu' season, there are some simple tips that will keep respiratory infections from spreading. Respiratory infections affect the nose, throat and lungs; they include influenza (the 'flu'), colds, and severe acute respiratory

syndrome (SARS). The germs (viruses) that cause these infections are spread from person-to-person when an infected person coughs, sneezes or talks.

You can help stop germs in their tracks and reduce your chances of catching or spreading a respiratory

infection by taking these simple "respiratory etiquette" steps:

* Cover your mouth and nose with a tissue when you cough or sneeze or cough into your upper sleeve, not your hands.

* Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer. Especially after sneezing, blowing your nose, or coughing.

* Stay at home to avoid spreading germs, when you have a

cough and fever.

† See your primary care provider as soon as possible if you have a cough and fever, and follow their instructions.

During cough, cold, and 'flu' season and any other time it is determined to be appropriate, Naval Hospital Twentynine Palms will routinely offer masks to patients and visitors who are coughing, so be prepared! Whenever possible, sit at least

three feet away from others if you have a cough. You will also be asked to comply with "respiratory etiquette" as recommended by the Centers for Disease Control and Prevention.

Following "respiratory etiquette" will help break the chain of infection and stop outbreaks of the flu in its tracks. Your cooperation and understanding is needed to be successful in defeating respiratory infections.

Navy to Host Best Practices Symposium

By Ken Cronk
Naval Service Training
Command Public Affairs

GREAT LAKES, Ill. (NNS) — The U.S. Navy will host the second annual Joint Accessions Research and Best Practices Symposium April 4-6, in San Antonio.

The annual event brings together military trainers, medical professionals, and researchers from all branches of DoD to share the ways they have found to improve and shorten training, reduce injuries, increase efficiency and save money.

"We are all being asked to do more training in less time with less money," said Naval Service Training Command Director of Psychological Research, Cmdr. David L. McKay, "so we have to figure out ways to train better and smarter and faster. Doing that takes time and money, so if another service has figured out the best way to teach small arms, we can all use it. Why use our time and money to rediscover the best way?"

Although most of the military is

unaware of their efforts, this group is influencing the recruit screening and qualification process, training methods and philosophies, training schedules, clothing design, medical treatment and even how much recruits get yelled at during training.

Naval Service Training Command's Operations, Analysis and Requirements Officer Capt. Daniel L. Wenceslao is concerned about one area in particular where today's recruits differ; their physical readiness.

"There was a study showing a measurable increase in the time it takes to get new officer accessions to a predetermined level of fitness, which is evidence that overall, physical fitness levels in our recruiting pool are falling," he said. "In training, anything that takes more time also takes more money. All of the services recruit from the same population and are experiencing this same decrease in fitness levels, so why should each one pay for its own research when we can all benefit from the same study?"

Another area that is getting some attention from the Navy is "the fine line between training

and education," according to Wenceslao. "We will always conduct training," he said, "but with advances like Navy Knowledge Online (an Internet-based, individualized tool for Navy education, training and professional growth management), we believe that we can make our training even better because we're giving people the tools to continue to improve on their own, and that part of it begins to look more like education, even as early as recruit training."

The proposed agenda for the April symposium includes a keynote speaker and two general session briefs, followed by discussion tracks and workshops on a variety of accessions issues. The

discussion tracks for the symposium are: medical research, sports medicine and physical training, psychological research, learning strategies and training delivery methods, officer and enlisted program management, attrition management, recruiting and marketing research (including Reserve

recruiting issues), and MEPCOM (Military Entrance Processing Command) screening procedures. The agenda will culminate with a summary briefing for flag and general officers who are responsible for the accessions process.

Broker Associate

Ann McErlane

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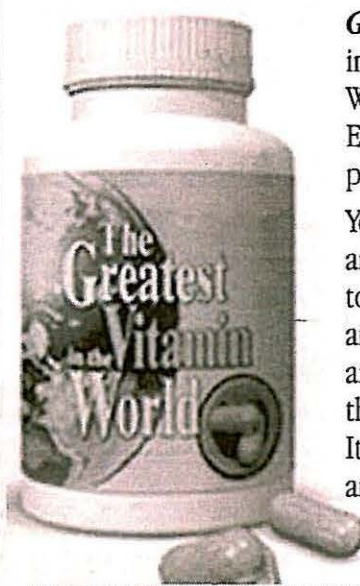
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Accessing the Robert E. Bush Naval Hospital...

Continued from page 6

dard of responding within 48 hours to each telephone consult.

The hospital staff understands that on average patients wait approximately twelve minutes before they actually speak to a clerk. This is a concern the hospital shares with its patients. To combat this problem additional staff have been hired and everyone has been provided with additional training to ensure that resources are used to their fullest. As the hospital continues to refine the process, the below information is provided to address concerns and ensure the Robert E. Bush Naval Hospital provides quality access to care in a timely manner.

Did You Know?

The best time to call Outpatient Services for routine concerns is in the morning from 9:30 to 11:30 a.m., and in the afternoons from 1:30 to 3:30 p.m., at 830-2752.

Using a land line is better than cell phones because there are fewer points for the land lines to access before connecting to the appointment line.

There is an Outpatient

Services Customer Service Desk that is available from 7:30 a.m. to 4 p.m., located in front of the TRICARE Service Center. If visiting the hospital, or near by, beneficiaries can stop by to make an appointment instead of calling.

The Outpatient Services Customer Service Desk can be reached by calling 830-2655. The Robert E. Bush Naval

Hospital quarterdeck can be reached at 830-2190 for medical advice after normal working hours and during holidays and weekends. Our on-call medical officer will provide advice if needed. If you feel you are in urgent need of medical attention, contact 911 or visit the nearest emergency room.

To sleep, Perchance to Dream...

Continued from page 2

Watch what you consume before bed. Avoid not only alcohol and caffeine, but also fat or calorie laden foods or heavily spiced dishes as they will interfere with digestion and may cause acid reflux disorders. Avoid sleeping remedies that are either prescription or over the counter. They certainly have their place as short term sleep aids, but long term their effectiveness diminishes over time.

The benefits of better sleep will be almost instant. You will feel better physically and have better brain function and memory. Your immune system will function better and you will reduce your overall stress level. Maintaining proper sleep levels will improve the overall quality of your life, increase your productivity at daily tasks, and reduce your risk of accidents and injury. There is no way to know that you are sleep deprived other than by listening to your own body. You must use your own judgment as to the degree of your sleep deprivation. But remember, sleep deprivation, even low levels of deprivation, impairs your judgment and could put you or those around you at risk of accident, injury or worse.

Nutrition Month...

Continued from page 5

polyunsaturated or monounsaturated fats and essential fatty acids. These fats do not raise 'bad' cholesterol levels in the blood and are a major source of vitamin E.


* Limit solid fats like butter, stick margarine, shortening, and lard as they contain more saturated fats and/or trans fats that tend to increase 'bad' cholesterol levels, which in turn increases the risk for heart disease.

Being physically active is a key element in living a longer, healthier, and happier life. It can help relieve stress, improve self-esteem, increase fitness level, maintain a healthy weight, and lower your risk for chronic diseases. Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age, their metabolism slows, so maintaining Energy Balance requires moving more and eating less.

At a minimum, do moderate intensity activity for 30 minutes every day including: hiking, yard work, dancing, golf (walking and carrying bag), bicycling, walking (3 1/2 miles/hour), weight training and stretching. Make sure you choose activities you enjoy and can do on a regular basis. It is easier than you think to increase daily physical activity.

The guidelines in this article are for the general public over two years of age. However, the USDA also developed a MyPyramid for Kids created specifically for children aged 6-11 years to help combat the growing problem of childhood obesity in this country.


For more detailed information concerning MyPyramid or MyPyramid for Kids, visit the interactive and individualized nutrition website at www.MyPyramid.gov. If you have any further questions or would like to make an appointment with the Registered Dietitian, talk with your PCM for a referral or call 830-2752/2274.



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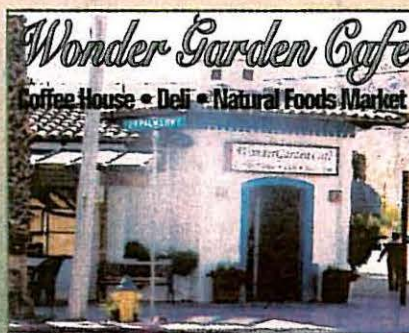
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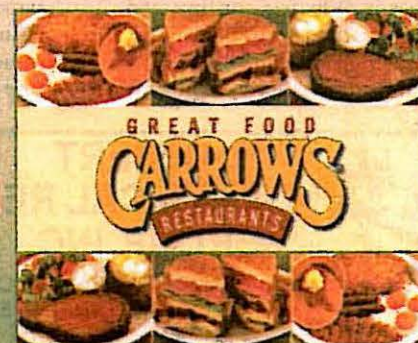


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